

ST. JANE SCHOOL CATHOLIC SCHOOLS WEEK 2024

Sunday, Jan. 28 **Celebrating Our Parish**

Opening Mass 10:00 Main Church

Open House 12-2

Band Concert 1:00 in IHM Chapel

Scholastic Book Fair 12:00-2:00

Wednesday, Jan. 31 **Celebrating Our Students**

NUT Green and Gold Casual Day

No Homework Tonight!

HSA Ice Cream treat at lunch!

Dance-a-Thon

Scholastic Book Fair 4:00-6:00

Open House 5:00-6:00

International Potluck

Supper in FFH 6:00

Monday, Jan. 29 **Celebrating Community**

Scholastic Book Fair

Dress Down Day for the
St. Vincent de Paul Society (\$1)

Thursday, Feb. 1 **Celebrating Vocations**

Mad Science Assembly

Religion Bee

12:00-12:45...grades 3 and 4

12:45 to 1:30...grades 1 and 2

Family Rosary 6:00

Tuesday, Jan. 30 **Celebrating the Nation**

Scholastic Book Fair

5th grade Vocabulary

Parade 8:10...IHM Chapel

Friday, Feb. 2 **Celebrating Our Faculty, Staff, and Volunteers**

8:15 Mass

Academic Bowl after Mass

Kindergarten Olympics

100th Day of School

Groundhog's Day

Noon Dismissal

CYO Charity Game at NDHS

6:00...girls - 7:00...boys

St. Jane's Family Fun Night

Please join us for a FUN Movie night on

Friday January 19th 2024

We will be showing Disney's



Doors Open: 5:45pm

Movie Starts at: 6:15pm

in the gym of Father Farrell Hall

AAA Northampton County will provide a snack at Intermission of Fresh Popped Popcorn, Fruit Snacks & Water

We encourage you to wear your jammies! Siblings are WELCOME!! You also can bring blankets & pillows!!

Please R.S.V.P. your headcount to Christine Cooperman at CoopermanC8477@gmail.com no later than

Tuesday, January 16th, 2024

The family that **PRAYS** together **STAYS** together!

Enrich your family's spiritual life in 2024!

Join your St. Jane Frances School community during
Catholic Schools Week as we gather to pray a

Family Rosary

Thursday, February 1, 2024

6:00 PM

IHM Chapel (1900 Washington Blvd.)



We are looking for families to lead decades of the rosary. If you can help, please email Mrs. DiLollo class7b@stjaneschool.com

Open to all members of your family: Babies, toddlers, school age, teenage, college, parents, grandparents, etc.

We will lead you through learning how to pray the rosary and hope that you will consider making this a regular part of your family time together!

DIOCESE OF ALLENTOWN

August 2023

FLEXIBLE INSTRUCTIONAL DAYS

Since 2019, Pennsylvania has allowed for an alternative to the 180 day school day requirement when the school building is prevented from being opened for a variety of reasons. The Flexible Instructional Day (FID) Program is a tool available to be used as an alternate approach to delivering instruction if a circumstance arises when the school cannot be in session for a variety of reasons.

A Flexible Instructional Day is an option for schools only when at least one of the following occurs:

- A hazardous weather condition
- A law enforcement emergency
- The inoperability of school buses or other equipment necessary to the school entity's operation
- Damage to a school building
- Another temporary circumstance rendering any portion of a school building unfit or unsafe for use.

The schools in the Diocese of Allentown with an approved plan may use up to five (5) Flexible Instructional Days along with the three emergency days built into the calendar. Principals should consider when it is a viable option to utilize FIDs, when the community is prepared. Emergency Days are days built into the school calendar and thus unused Emergency Days may be used with permission after April 1, 2023. Flexible Instructional Days are not built into the calendar and may not be used as holidays if not utilized.

Schools should develop a Flexible Instructional Day Plan that is delivered via independent student work that is provided through assignments either in paper/pencil or digital formats, along with designated teacher office hours to provide direct instructional support. Any lessons or activities should support the learning taking place in the classrooms but should not require the students to self-teach new information to complete the assignments.

The FID would require posting the lessons or activities on the school website/learning management system by 9:00 am on the morning of the Flexible Instruction Day. The school must establish a system for designated teacher office hours, ideally scheduled between 11:00am – 12:00pm or 12:00pm - 1:00pm. **Teachers might be available on a zoom link, a communication platform in the Student Information System, or be prepared to respond to an email inquiry, which may involve a phone call to the parent.**

As you will see below, students are to complete the assignments and return to the teacher either directly through email or the Learning Management System, or in-person, within forty-eight hours of the Flexible Instructional Day, or ideally the day after the return to school. Also, students must submit the work to receive credit for the assignments and to be considered present for the purpose of attendance for the Flexible Instruction Day.

For each Flexible Instructional Day, students must receive instruction in each of these content areas:

- High School: English, Foreign Language or alternative six major subject, Mathematics, Science, Social Studies and Theology
- Elementary (K-8): Reading, Language Arts (English), Mathematics and Religion.
 - **Grades 5-8 must also include Social Studies and Science.**
- **Assignments should be 20-30 minutes per subject for the middle school and high school students**
- **For students in the early elementary grades, recommended cumulative time is 1.5 hours for K-2 and 1.75 hours in grades 3-4**
- Students must submit work no later than the day after the return to school, unless there are consecutive Flexible Instruction Days, to receive full credit for any assignments.
- Students who do not complete and submit work within the required time frame will NOT receive credit for the assignments and will be marked absent.

DIOCESE OF ALLENTOWN

Office of Education

Application for Flexible Instructional Day

School Name: St. Jane Frances de Chantal

Principal: Mrs. Marybeth Okula

Will your school use a Packet __X__ or an Online __X__ Flexible Instruction Day Program? (check one)

Procedures to notify students, parents, and employees of the Flexible Instructional Day Program in general and specifically of the use of the FID when implemented on a particular day.

Principal will contact parents through various communication outlets including: the Parent Alert FACTS SIS system voice and email, and wfmz.com (St. Jane School Closed - Flexible Instructional Day); Facebook.

If you will use a **Packet FID Program**, please describe the procedures for distribution and collection of the materials and assignments.

St. Jane School will have packets available at the school for those who do not have internet access at home which will be distributed the day before a possible FID.

If you will use an **Online FID Program**, please describe the procedures for posting and collection of the materials and assignments.

- **Teachers will post on-line assignments using the school website, Google classroom and/or Remind App. or packets**
- **6th, 7th, and 8th grade Teachers will post assignments with specific due dates on google classroom. Teachers have individual policies regarding incomplete or failed assignments.**

If you are using the Online FID Program, what accommodations are made for students/employees without internet access?

- **All of our students currently have internet access, as do our teachers.**
- **We will, in our letter home to parents, reinforce this expectation and ask parents to inform the school if circumstances have changed.**
- **If a student does not, for example, have access to a printer and a document needs to be printed, the assignment can be emailed/shared to the teacher.**
- **The option of a packet will be offered if a family has no computer or Internet access. A specific timeframe will be communicated to parents as to when they can come to pick up packets at the school.**

What are the students' responsibilities on a Flexible Instruction Day?

- **Students are required to check the teacher's website for directions on how to access required work. This may be through, but not limited to, the school website, Remind, Google Classroom.**

- Students will be expected to have all work completed within 48 hours of the assignment being given unless otherwise noted by the teacher. The teacher can provide extra time if necessary, taking into account the needs and SIT plans of individual students.
- Students' work will be graded current trimester grades.

What are the teacher's responsibilities on a Flexible Instruction Day?

- Teachers are expected to post work on their class web pages with specific directions or provide packets prior to leaving school before a FID
- Teachers are expected to answer student/family questions regarding work between the hours of 11:00 a.m. to 12:00 noon or 12:00 noon to 1:00 p.m. via email and Remind or other means that teacher has agreed to. Teachers will indicate on their specific webpages which time they are available.
- Teachers will grade and include student work for trimester grades.

How will you identify student participation for the purpose of enforcing attendance?

- If a student is sick on FIDs, the parent must submit an email to the teacher and Mrs. Okula. This absence will be recorded in FACTS SIS.
- An absentee note/doctor's note will be required upon return to school.
- Teachers will ensure that Mrs. Okula is notified of any illness/absences.
- Teachers will notify the principal of any student who did not turn in FID work within the stated 48 hour window. Those not turning in work will be marked as absent, and parents will be contacted.
- Upon return to school, students will still have to complete the work, either during lunch, after school or by the next school day.

Please verify the following subjects will be covered during the Flexible Instruction Day:

Elementary (K-8) Please check to verify. Yes, all of these subjects will be covered __X__

- Reading
- English - Language Arts
- Mathematics
- Religion
- Social Studies (Grades 5-8)
- Science (Grades 5-8)

This is the plan for St. Jane School

Kindergarten through 2nd grade it is recommended cumulative time is 1.5 hours

Kindergarten will send home a folder ahead of time with different packets, per flex day, and a parent letter so each packet can be completed on the given day of flexible instruction. These packets will include worksheets and/or websites for Math, Reading/Language Arts, and Religion.

First and Second Grade Plans

- Math - First in Math (1st-2nd); Appropriate worksheets; other on-line resources as noted by teacher
- Reading - Wonders
- English/Journal
- Religion -Christ our Life Website
-

Grades 3 to 4 it is recommended that cumulative time is 1.75 hours (1 hour 45 minutes)

Third and Fourth Grade Plans

- Math - First in Math 3rd and 4th (may do EdPuzzles)
- Religion Christ our Life website
- Reading - Wonders, Epic
- ELA - Journals

Grades 5, 6, 7 and 8 it is recommended that each subject area is between 20 to 30 minutes.

Fifth, Sixth, Seventh, and Eighth Grade Plans

- Religion - Christ our Life/Google Classroom
- 7th/8th Grade Math - iXL, Formative, Google Classroom, my.hrw.com
- 5th/6th - FIM (5th); my.hrw.com (6th)
- Reading - Wonders or current reading materials - 6th grade; iXL - 7th/8th
- ELA - Google Classroom, Voyages in English;
- Science - Google Classroom (7/8); Discovery Education on-line (6th grade);
Worksheets/Handouts/Assignments (5th)
- Social Studies (7/8) google classroom
- Spanish (6-8) google classroom

Principal Signature

Submission Date

--For Office of Education Use Only--

Date Received	
Date Approved	
Approved By	



2024 Spring Sports Registration

Soccer Training Camp - K - 8th Grade

Register by January 26, 2024

February 3, 10, 17, 24 and March 1

Coordinator: Francois Atallah
francois_a2003@yahoo.com

Co-Ed Volleyball - 5th - 8th Grade

Register by March 1, 2024

Coordinator: Carissa McMurtrie
CarissaMcmurtrie@icloud.com

Baseball - Boys PreK - 8th Grade

Register by March 1, 2024

Boys Instructional T-Ball (PreK)

Boys T-Ball (Kindergarten)

Coach Pitch (1st Grade)

Coach Pitch (2nd Grade)

Minors (3rd - 4th Grade)

Majors (5th - 6th Grade)

Bushkill Valley (7th - 8th Grade)

Coordinator: TBD

Soccer - Co-Ed PreK - 8th Grade

Register by March 1, 2024

Instructional Soccer (PreK – Birth Year 2017)

U9 (Birth Year 2015-2016)

U11 (Birth Years 2013-2014)

U13 (Birth Years 2011-2012)

Coordinator: Carrie Driscoll
carrie.driscoll@gmail.com

Track & Field - K - 8th Grade

Register by March 15, 2023

Coordinator: Dave Hohl
hohlhouse@gmail.com

Softball - Girls PreK - 9th Grade

Register by March 1, 2024

Girls T-Ball (PreK-K)

Coach Pitch (1st - 2nd Grade)

Minors (3rd - 4th Grade)

Majors (5th - 6th Grade)

Juniors (7th - 8th - 9th Grade)

Coordinator: Liz Deemer
lizbeanerz@hotmail.com

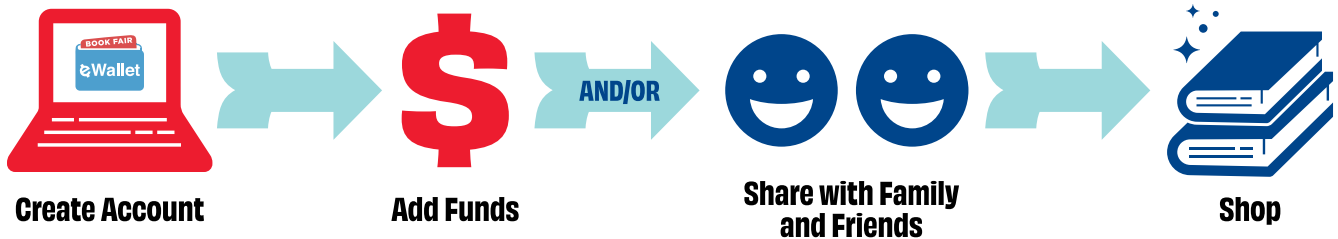
To register, visit www.sjhawks.com



SCHOLASTIC BOOK FAIR

More Bookjoy, less hassle—with **eWallet**!

This year, say *goodbye* to giving your kids crumpled bills and loose change...and *hello* to **eWallet**, a super-convenient, secure digital payment account, for the Scholastic Book Fair. Setting up an eWallet for your child empowers them to choose their own books and effortlessly check out during the Best. Week. Ever. at their school. And any leftover funds can be saved for future Fairs. Now, that's a win-win!

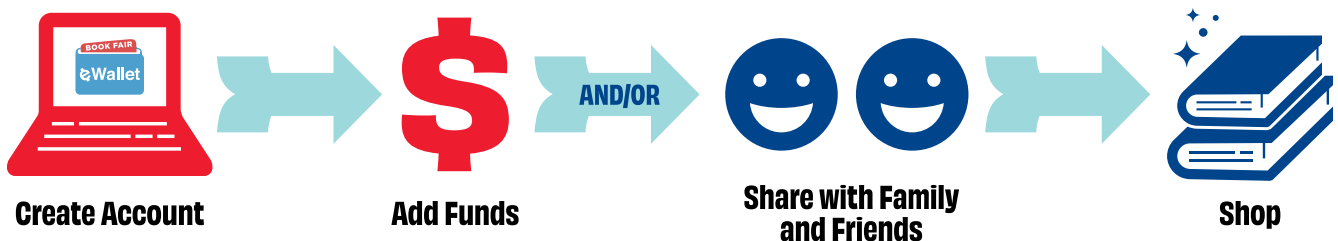


✦ ✦ Visit our school's Book Fair homepage to get started: ✦ ✦

SCHOLASTIC BOOK FAIR

More Bookjoy, less hassle—with **eWallet**!

This year, say *goodbye* to giving your kids crumpled bills and loose change...and *hello* to **eWallet**, a super-convenient, secure digital payment account, for the Scholastic Book Fair. Setting up an eWallet for your child empowers them to choose their own books and effortlessly check out during the Best. Week. Ever. at their school. And any leftover funds can be saved for future Fairs. Now, that's a win-win!



✦ ✦ Visit our school's Book Fair homepage to get started: ✦ ✦

Book Fair - 2024 Chapel

Monday, January 29th

7:50-8:25 7th Grade

8:35-9:10 8th Grade

9:10-9:50 5B

9:50-10:30 K-1

10:30-11:10 1A

11:10-11:50 2B

11:50-12:30 5A

12:30-1:20 6th Grade

1:20-2:00 Pre-K

Tuesday, January 30th

8:00 Vocabulary Parade in Chapel

9:10-9:50 3A

9:50-10:30 4B

10:30-11:10 1B

11:10-11:50 2A

11:50-12:30 3B

12:30-1:10 K-2

1:10-1:50 4A

*****Please note: Music will be in the classroom on Monday.*****

*****There will be no Library classes on Wednesday.*****

BABY AND TODDLER CLOTHING DRIVE

February
10-11

Sponsored by
St. Jane's Walking with Moms in Need ministry



We are accepting donations of
new or gently used clothing
and shoes.

(Newborn - 3T only)

If possible, please have clothes
sorted in bags labeled with size
and gender.

Toddler board books and
puzzles are also appreciated.

Donations should be
dropped off in the Msgr.
Gobitas Meeting Room
(St. Jane's Church) on
February 10 and 11
before and after
weekend Masses.

Coaches Code of Conduct

With Almighty God as my witness, I hereby pledge to abide by the following Contract/Covenant:

- ❖ I will remember that I am a role model as a Christian and a good citizen for my participants, and as such I will always conduct myself in a mature manner, exercise good sportsmanship and always play by the rules in spirit and in word.
- ❖ I will foster an environment where all children will be given the ability to play and develop skills. I will do all in my power to discourage a "win at all costs" attitude.
- ❖ I will treat each participant as an individual, remembering the potential difference in emotional and physical development for the same age group.
- ❖ I will strive to remove all avoidable perils of competition by the application of intelligent and thoughtful cooperation with other coaches, officials, participants and spectators.
- ❖ I will lead by example in demonstrating fair play and sportsmanship to all my participants.
- ❖ I will do my best to organize practices that are fun and challenging for all my participants.
- ❖ I will ensure that I am knowledgeable in the rules of each activity I coach, and I will teach these rules to my participants.
- ❖ I will use those coaching techniques appropriate for each of the skills I teach.
- ❖ I will remember that I am a youth coach and that the activity is for the children and not adults.
- ❖ I promise to review and practice the necessary first aid principles needed to treat injuries to my participants.
- ❖ I will not question any official's decision. I will direct all my concerns to the District Commissioner.
- ❖ I will refrain from using profane, obscene or vulgar language at all times.
- ❖ I will not foster nor tolerate my participants using unnecessary and unchristian tactics against opposing participants **or own teammates**. I will uphold the spirit of Christian sportsmanship. I will not look for loopholes in rules and ways to exploit such in word, deed or omission.
- ❖ I will reinforce and encourage a Christian environment and experience not only by my conduct, but by instructing parents and spectators about proper conduct when needed, and to support all official actions against disruptive and/or inappropriate behavior.
- ❖ I will use the activity for the welfare and character building of all participants, not for my own personal gain or satisfaction.
- ❖ I will not be guilty of personal verbal abuse or physical attack upon any participant, opposing coach, official or spectator for any real or imagined wrong decision or judgment.
- ❖ I will keep my personal opinions of any participant, coach, official or spectator out of public discussion during the activity. In an attempt to maintain and foster a Christian environment after said game. I will refrain from said comments immediately after the game. I understand that I am free to express my personal comments, opinions etc. at appropriate times and places.
- ❖ I will not be guilty of gestures indicating objection to decisions by officials or coaches such as throwing equipment or any other forceful action. Furthermore, I will not tolerate said behavior among my participants, assistant coaches and fans.
- ❖ I will respect the property of another team and the facility being used for the activity.

<u>Penalties:</u>	1st offense	up to a 3-game suspension
	2nd offense	up to a 10-game suspension
	3rd offense	dismissal from CYO program

Note: Games that are scheduled but not played due to weather or other circumstances do not fulfill the suspension.

Violation of the above conduct rules should be reported in writing to the Diocesan CYO District Commissioner within 48 hours. Investigation and discussion of violation will occur, penalty determined and then approved by the District Priest Chaplain. If a penalty is levied, OYYAFM must be informed, in writing, within one week of the decision.

Districts must abide by these minimum standards. They are free to have District regulations, which may be more restrictive.

Coach's Printed Name and Signature

Date

CYO Coaches Clinic

All coaches must attend this clinic within the 1st year of coaching in order to remain eligible to coach. This clinic is required one time only and costs \$25.00.

Updates will be provided when registration is available.

The clinics for 2023-2023 are as follows:

Saturday, October 21, 2023

9:00 AM to 12:00 PM

Registration Deadline: October 16, 2023

St. Thomas More Family Center
1040 Flexer Avenue
Allentown, PA 18103

Saturday November 11, 2023

9:00 AM to 12:00 PM

Registration Deadline: November 6, 2023

St. Benedicts Parish
2020 Chestnut Hill Road
Mohnton, PA 19546

Saturday, March2, 2024

9:00 AM to 12:00 PM

Registration Deadline: February 26, 2024

Our Lady of Perpetual Help
3221 Santee Road
Bethlehem, PA 18020

Help the Hungry and the Homeless

We ask that all St. Jane School families help with the St. Vincent de Paul's Food Pantry by donating non-perishable goods. The following is an itemized list for each classroom designed to assist our community with its greatest needs.

Items may be sent in with your child anytime from January 22-February 2.

Thank you for your generous spirit in giving to others in need.

Cash donations are also accepted. The cash will be used to purchase gift cards to Shoprite.

Kindergarten - diapers (any size)

1A- Shelf-stable milk in cartons, boxed cereal, pop tarts, jelly

1B - Coffee, tea, oatmeal, jelly, pop tarts

2A- Canned pasta, (ex: Spaghettios, Beefaroni, ravioli), jelly

2B- tuna fish, canned chicken, jelly

3A-Boxed instant potatoes, macaroni and cheese, Stove Top stuffing

3B- Hamburger Helper, Chicken Helper, Tuna Helper, Sloppy Joe Mix

4A and 4B- Paper products: toilet paper, paper towels, facial tissues, napkins

5A- Shampoo, conditioner, toothpaste, toothbrushes, mouthwash

5B- Deodorant, bar soap, liquid bath soap, liquid hand soap

6A- Spaghetti sauce, manual can openers

6B- Egg noodles, all kinds of pasta, Rice-a-Roni or any boxed rice

7A-Vegetable oil, ketchup, mayonnaise, mustard

7B-Canned fruit, snack pack fruit, snack pack pudding, juice boxes

8A-Dish detergent, surface cleaners like Clorox, etc., bathroom cleaners

8B-Laundry detergent, dryer sheets



St. Jane Frances de Chantal School

1900 Washington Blvd. • Easton, PA 18042
610-253-8442 • www.stjaneschool.com
principal@stjaneschool.com

A Catholic Tradition in Academic Excellence

November 28, 2023

Dear Parents/Guardians,

Because we live in an area where the weather is so unpredictable, there are times in which the children come to school and then must be dismissed early. Your child's safety is always our number one concern. It is very important that we know how to send your child home when these situations occur. Please complete the form below and return it to your child's teacher as soon as possible. Please be sure to fill out one form per child in our school.

Note: If your home School District is closed, there is no bus transportation to or from St. Jane School. Occasionally, on early dismissal days, school districts dismiss at different times as well. **St. Jane School follows the Easton Area School District closings, delays and early dismissals.** The walkers/car riders will be dismissed at the time Easton School District designates. Children who live outside the Easton Area School District and ride a bus from Bangor, Bethlehem, Nazareth, Saucon Valley, and/or Wilson will wait in the school with me until their bus arrives.

The process for notification of early dismissal or school closing: A parent alert will be sent via text and phone call to the numbers listed in FACTS, an email will also be sent, a posting will be made to WFMZ, Channel 69 TV, and it will also appear on our School's FaceBook page.

Please DO NOT call the school or email dismissal arrangements on early dismissal days. We need to leave our phone lines open for calls from the many school districts to contact us. *It's quite a hectic time.* **Please make arrangements with your child in the morning BEFORE you leave for school and PLEASE send a note if dismissal will be different.** Thank you for your attention to this important matter.

*****EXTENDED CARE IS NOT AVAILABLE ON EARLY DISMISSAL DAYS*****

Sincerely,

Mrs. Marybeth Okula
Mrs. Marybeth Okula, Principal

EARLY DISMISSAL PLAN 2023-2024 PLEASE RETURN TO TEACHER ASAP

Child's Name: _____ Classroom _____

If there is an early dismissal due to inclement weather or other emergency, please send my child home

_____ on his/her bus # _____

_____ by car with _____

Signed: _____ Best Number to call: _____



YOU ARE INVITED TO OUR 2ND ANNUAL

Multicultural Potluck Janer Celebration

Celebrate Catholic School's Week with
our school community!

Every family that attends must bring a
favorite international dish from their
culture to share (enough for 12 - 15
people so everyone gets a taste) as we
celebrate all the cultures that make our
school community so vibrant.



WEDNESDAY JANUARY 31, 2024

6:00 to 7:00 pm in the Cafeteria / FFH

RSVP using the form linked below by
Friday, January 26, 2024

[RSVP Form](#)



School Policies in Case of Inclement Weather
Please keep it in a safe place for your reference.

2023-2024

******St. Jane School K-8******

If severe weather causes the school to be closed, start late or have an early dismissal, please make every effort **NOT** to call the school. Our phone lines must be open to communicate with the seven different school districts and the media.

If weather is threatening in the morning, please make sure your child knows how they will be going home in the event of an early dismissal. Send a handwritten/typed note into school that morning if possible. Without a written note specifying otherwise, your child will be sent home their usual way.

Parent notifications include:

1. Parent Alert will be sent via our Student Information System. PLEASE REFRAIN FROM CALLING THE SCHOOL IF YOU MISS THE CALL, a text will follow up the phone call. Check your phone. **Please do NOT call the school saying you missed a call.**
2. WFMZ/TV Channel 69 or www.wfmz.com - if we are closed, delayed or dismissing early, I will be sure to have a notification posted here.
3. Also, once I post on WFMZ, WLEV-FM 100.7, Cat Country 96.1 and The Hawk-FM 99 and WAEB AM 790 will have notification.
4. Facebook - a message can be seen there as well.
5. If you do NOT see St. Jane Frances de Chantal School specifically mentioned, the decision of Easton Area School District will be followed.

****** DELAYED START ******

6. Two hour delays - Children should **NOT** arrive before 9:00 a.m. There is **NOT** adult supervision before 9:00 a.m.
7. In the event of a 2 hour delay for Easton Area School District, your bus would be transported on a 2 hour delay schedule.

****** Flexible Instruction Day******

8. In the event Easton Area School District has an FID (Flexible Instruction Day), St. Jane School will also observe a FID (Flexible Instruction Day as well). School cannot open due to the lack of EASD transportation services.

******EXTENDED CARE******

If there is a two-hour delay, Extended Care is NOT available before school starts.

If there is an early dismissal due to pending inclement weather, Extend Care is NOT available.

ST. JANE PRESCHOOL

1. If there is an early dismissal for our K-8 students due to inclement weather, we will dismiss the children from our preschool **30 minutes later**. For example, if St. Jane School (K-8) is dismissing at 11:00 a.m., preschool will dismiss at 11:30 a.m. (*Preschoolers that have older siblings in the K-8 school will be dismissed right after the K-8 dismissal approximately 5 minutes after the walkers and car riders are gone*).
2. **Please do not block the front of the school until all buses and car riders from Kindergarten to 8th grade have been picked up.**
3. We ask that you **DO NOT** park in front of the school during the K-8 dismissal time.
4. Please utilize the lot adjacent to FFH or street parking. The Washington Blvd. area in front of the school buildings are reserved for buses and the car riders that follow.
5. Occasionally, on early dismissal days, buses from the sending school districts arrive at different times, therefore, please do not park in front of the school unless directed to do so.
6. There is **NO** extended care on early dismissal inclement weather days.
7. On 2-hour delay days, preschool will start at 10:00 a.m. There is **NO** before care on 2-hour delay days.

If you have any questions or concerns, please call Mrs. Okula at 610-253-8442 or email at principal@stjaneschool.com

Sudden Cardiac Arrest Education and Information

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

If not treated within minutes, SCA results in death. The normal rhythm of the heart can only be restored with defibrillation, an electrical shock that is safely delivered to the chest by an automated external defibrillator (AED).

How common is sudden cardiac arrest?

The Centers for Disease Control and Prevention estimate that every year there are about 300,000 cardiac arrests outside hospitals. About 2,000 patients under 25 die of SCA each year.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness;
- lightheadedness;
- shortness of breath;
- difficulty breathing;
- racing or fluttering heartbeat (palpitations);
- syncope (fainting);
- fatigue (extreme tiredness);
- weakness;
- nausea;
- vomiting; and
- chest pains.

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it. Symptoms are the body's way of indicating that something might be wrong. Athletes who experience one or more symptoms should get checked out.

What is the best way to treat Sudden Cardiac Arrest?

- Early Recognition of SCA
- Early 9-1-1 access
- Early CPR
- Early Defibrillation
- Early Advance Care

Act 59 – the Sudden Cardiac Arrest Prevention Act (the Act)

The Act is intended to keep student athletes safe while practicing or playing. The Act requires:

- Any student athlete who has signs or symptoms of SCA must be removed from play. The symptoms can happen before, during or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

☐ I acknowledge that I have reviewed and understand the symptoms and warning signs of SCA.

SIGNATURE

DATE

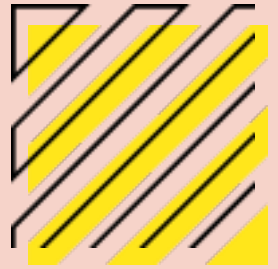
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Location

District

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GROUND FLOOR



ST. JANE
USED
UNIFORM
SALE



SUNDAY, JAN 28TH
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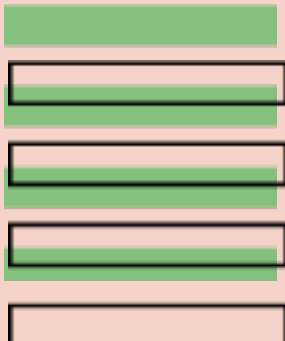
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